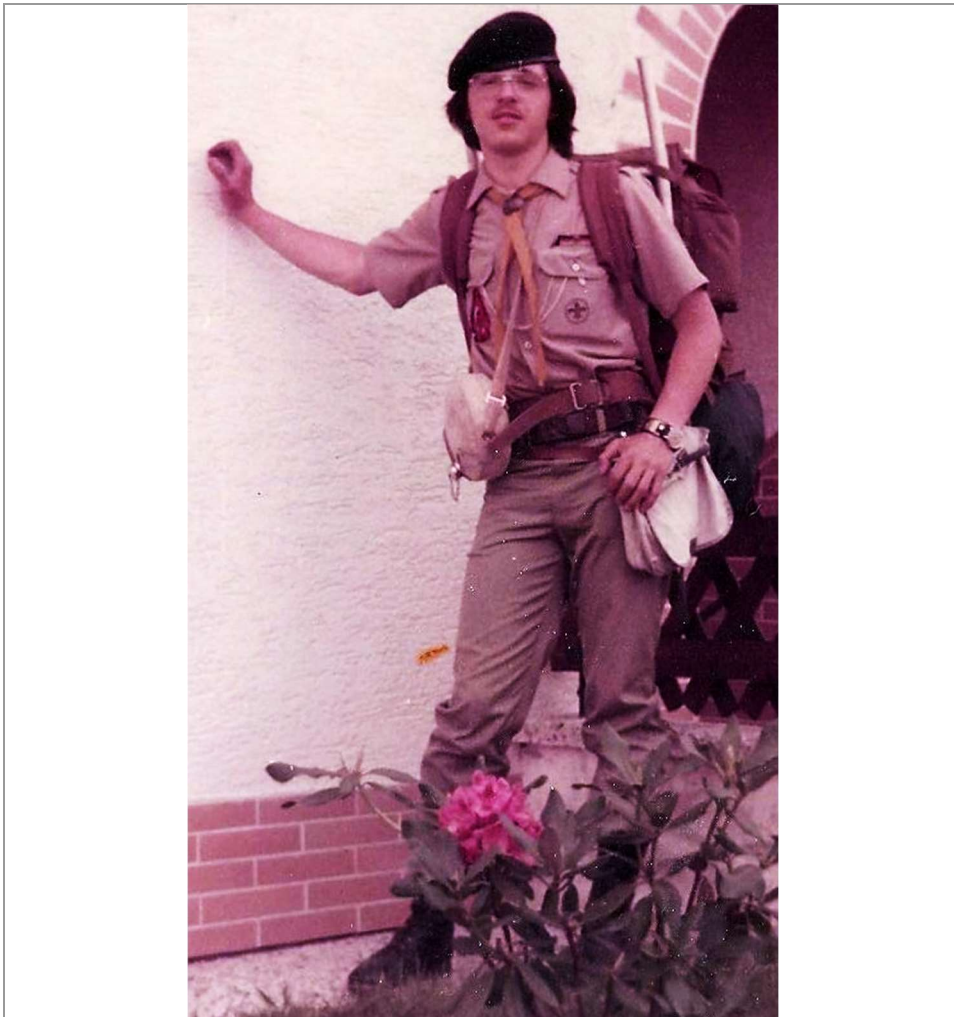




Fall 2021

## TEAM ALAMEDA NEWSLETTER

### Message from the President



President "Captain Eurotrash" Ralph Bruni, Cub Scout Leader or "Wölflingsführer" in the German Scouts (1976)

Team Alameda:

Well, we are truly “open” now, after having had the opportunity to celebrate the occasion with our picnic in the park. The ride calendar is fairly full, except for some B-paced Saturday rides, which we hope to rectify soon by getting some anointed Ride Leaders to commit and actually lead some rides. Some of them are already becoming more inventive and adventurous, by combining known roads in different configurations or finding new roads altogether. Overall, our club is in great shape, as exemplified by bringing on board two new sponsors: Marin Wealth Advisors, LLC, and Coffee Cultures. Most importantly, new members are still joining, such as:

First Name	Last Name	Joining Date (2021)
Stephen	Barrett	26 August
Tom	Tang	27 August
Dara	Beirne	03 September
Scott	Linzer	10 September
Ralph	Jennings	03 October

Please remember, that although the days are getting shorter and colder, California is blessed with year-round riding. When the rest of the country turns into a deep freeze, we only need to keep our weather apps handy and layer up. So, take this as a personal challenge, not a seasonal sport and something to look forward to in the spring, in order to keep yourself healthy and maintain your friendships.

Ralph  
**Team Alameda President**



**Club Picnic in Lincoln Park**

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## Member Profile

Hello! My name is Tom, and I just joined Team Alameda a few weeks ago. I came across the club because my girlfriend (who lives on the island) mentioned that she often sees cyclists gathering in front of the Kaiser on Central Avenue. I usually ride by myself, but decided that it could be fun to go on social rides with other people. After doing some online research, I found the club's website and Facebook Group. I decided to go on my first-ever ride with the club as a guest, and I immediately felt very welcomed. Since then, I've enjoyed spending time with and meeting various members of the club. It's great to see how many members have a long history with Team Alameda. I like that we go on different types of rides and routes, that the group is always mindful of safety, and that we enjoy each other's company.



If you're reading this and you haven't been on a Team Alameda ride yet, I highly encourage it and hope to see you soon!





**Link for our customary assembly point in front of the Kaiser clinic, now amended to one street over at the Alameda Comedy Club (2431 Central Avenue) until the vaccination tents at Kaiser have been removed:**

<https://www.google.com/maps/place/Kaiser+Permanente+Alameda+Medical+Offices/@37.764173,-122.241916,15z/data=!4m5!3m4!1s0x0:0x22c8d06c2d0072d6!8m2!3d37.764173!4d-122.241916>

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Norris Canyon (Contra Costa County) – 30 September 2021

## New Sponsor for Team Alameda



We are so very pleased to announce that we have another new Team Alameda Sponsor – **Coffee Cultures** ([www.coffee-cultures.com](http://www.coffee-cultures.com))! You may recognize their name from their newly opened Alameda site at the base of the Park Street Bridge. This is the third Coffee Cultures site, but one that is very close to the heart of the owner, Jason Paul, as he is a true born-and-raised Alameda native. Jason also has close ties to the Alameda biking community, so we are all excited to be making this connection.

As the Coffee Culture website states: “Coffee brings people together and makes them happy.” So, for your post-ride shot of happiness, feel free to stop on by their site at 1926 Park Street (on the corner of Blanding) and enjoy a lovely and tasty brew, a tea, or some soft serve ice cream and pastry, all made with only the finest ingredients. They have a private courtyard with space for bikes outside the grilled partitions at both entrances. Team Alameda members are offered a 25% discount, as long as you appear recognizable as a cyclist.





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## **BART and Cycling**

Each month the Board reviews the safety protocols associated with COVID-19, guided by our Vice President Emil Palacios, a molecular and cellular immunologist with a PhD in Biomedical Science. He writes:

### **Quote**

**How Covid-safe is riding BART?**

We all enjoy biking around Alameda and neighboring areas. But sometimes we need a change of scenery. Taking BART allows Team Alameda riders to travel much further and explore more of the greater Bay Area. We can tour neighborhoods in the South Bay, Peninsula or North Bay and finish the day with a restful ride home on BART with our fellow riders.

With the constant cloud of the pandemic, you might ask how Covid-safe is riding BART these days? The short answer is it's very safe. I've been commuting with my bike on BART almost every day since the middle of 2020. Several things jump out when you go. All trains have been full-length 10-car trains, to give people extra space. Ridership is still very much down compared to pre-pandemic times. As of late September, weekday trains are only 1/4 full and weekends are 1/3 full. Beyond that, at the start of fall, BART added extra trains so passengers are further spread out and time wasted waiting for trains is minimal. And finally, my commuting experience tells me that the vast majority of riders continue to comply with the required mask wearing policy. Of course, there are always a few people who don't wear them, true wherever you go, but they are a small minority (95% compliance according to BART).

Because the vast majority of the Covid virus transmission occurs via air droplets, ventilation on trains is critical. BART maintains its trains filters the entire volume in each car every 70 seconds (while pulling in 30% outside air). While the EPA indicates a filter rating of MERV-13 or higher will filter out virus particles like coronavirus, BART has instituted MERV-14 filters in all their trains. And, of course, masks continue to be required on trains and in indoor stations, even if vaccinated (CDC says outdoor areas don't require masks).

MERV stands for "minimum efficiency reporting value" and a filter receives a MERV rating as determined by the American Society of Heating, Refrigeration, and Air-Conditioning Engineers (ASHRAE). The COVID-19 virus attaches itself to droplets and droplet nuclei that are predominantly 1-4 microns in size.

<b>Filter Rating</b>	<b>1-3 Micron Range</b>	<b>3-10 Micron Range</b>
MERV 13	85% efficient	90% efficient
MERV 14	90% efficient	95% efficient

So the higher the MERV rating, the more efficient it is at removing particles in that particle range (1).

The data indicates that BART trains are of minimal concern regarding Covid transmission.

1. <http://www.lubbockchamber.com/blog/lubbock-business-network-blog-3508/post/can-merv-13-filters-stop-the-covid-19-virus-26475>



Unquote



The Covids at home

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## Ride Categories

We have changed our pace categories to be in line with those used by other cycling clubs. It pays to be mindful of these levels, especially for our **Ride Leaders**, who have the sole dispensation to post these rides on our Calendar.

We have many more members, but not a sufficient number of Ride Leaders (RL). If you have taken part in a number of group rides, but would like to dictate the pace, miles and route, please consider becoming a RL yourself. It is a simple 2-step program:

1. Volunteer as **Co-Ride Leader**. Enter your name and cell phone number at the top right of the Sign-In Sheet and assist the RL with his duties. You may end up leading certain segments yourself or sweeping stragglers from behind. Whatever is needed, you will be certain to quickly become familiar with navigating groups along the route in a safe and orderly manner.
2. Be recorded as Co-Ride Leader three (3) times. The Board member for Ride Sheets [ [ridesheets@teamalameda.com](mailto:ridesheets@teamalameda.com) ] will confirm your participation and you will then be inducted as RL after going through a roughly **half-hour RL seminar** with the Ride Leader Coordinator [ [ridecoordinator@teamalameda.com](mailto:ridecoordinator@teamalameda.com) ], who is member of the Board.

Attend the RL meetings with the RL Coordinator, so that our RL calendar can be filled. You will be given the credentials to enter your chosen route into this calendar and will learn how to create routes on *RideWithGPS*. In this fashion, we assure trained Ride Leaders can take the helm and learn more about our sport in the process.

TEAM ALAMEDA rides are rated by hills, pace and distance in this order =

**HILLINESS / PACE / MILEAGE**, posted thusly: **3/A/58**

HILLINESS [1-5]	PACE [A, B, C]	MILEAGE
1: 0-2 % Essentially flat/ All Alameda, Marina rides	<b>A: 14-16 Fast pace, for strong experienced riders, maybe one stop.</b>	<b>58</b>

<p><b>2:</b> 2-6 % A Few Low Hills/ Montclair Peets, Domingo Peets rides</p> <p><b>3:</b> 6-8 % Moderately Hilly/ Tunnel, Skyline, Redwood, Butters Canyon</p> <p><b>4:</b> 6-12 % Very Hilly / Three Bears, Pinehurst, Snake Rd., Claremont</p> <p><b>5:</b> 12+ % Extremely Hilly / Marin, Vollmer, Hiller, Thorndale, Ascot, Donald Dr.</p>	<p><b>B:</b> 12-14 Steady faster pace, most century riders are this pace.</p> <p><b>C:</b> 10-12 Steady pace, fewer stops, for experienced and new riders.</p>	<p>Post the number of miles next</p> <p><a href="http://www.ridewithgps.com">www.ridewithgps.com</a> gives you a very good planning tool and can deliver a printable cue sheet and GPS file that may be exported to your bicycle computer</p> <p>Keep an eye out for the weather forecast to determine the likelihood of high temperatures and winds</p>
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See you on the road ...

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## Slow Ride Series

Know anyone new to cycling? This Team Alameda group ride will occur on the second Saturday of each month and is intended as an introduction to group riding for the novice.

These rides will be co-led by Jane Moeller and Anthony DiSalvo, excellent leaders and long-time veterans of our club. Please spread the word to those who may be interested.

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## Learn How to Ride Safely



Ride Leader, and veteran **Anthony DiSalvo** is certified to teach various cycling education classes. The classes are free but require an online sign-up. This class is **highly** recommended, for new riders and as a refresher for experienced riders alike!

Link for Bike East Bay classes, [Bicycle Education Classes | Bike East Bay](#)

Anthony DiSalvo

<http://www.ebbc.org/safety>



Point Richmond Ride – 26 September 2021

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## Gear Tips of a Specialized Nature

I do not mean the well-known bicycle brands, but specialized items that you may not have known exist, but may be of help to you.

### Computer Mount Adapters

If you have a Cateye computer, you know it will not fit a Garmin mount. So should you discard your Cateye and spend money on a new Garmin? No need to spend the extra cash! Adapters are offered that fit into the Garmin mounting bracket with the familiar quarter turn and allow you to slot in the computer, even lights and cameras, from various brands:



Adapter for Bryton



Adapter for Garmin



Adapter for Cateye



Adapter for wahoo



Mount Base



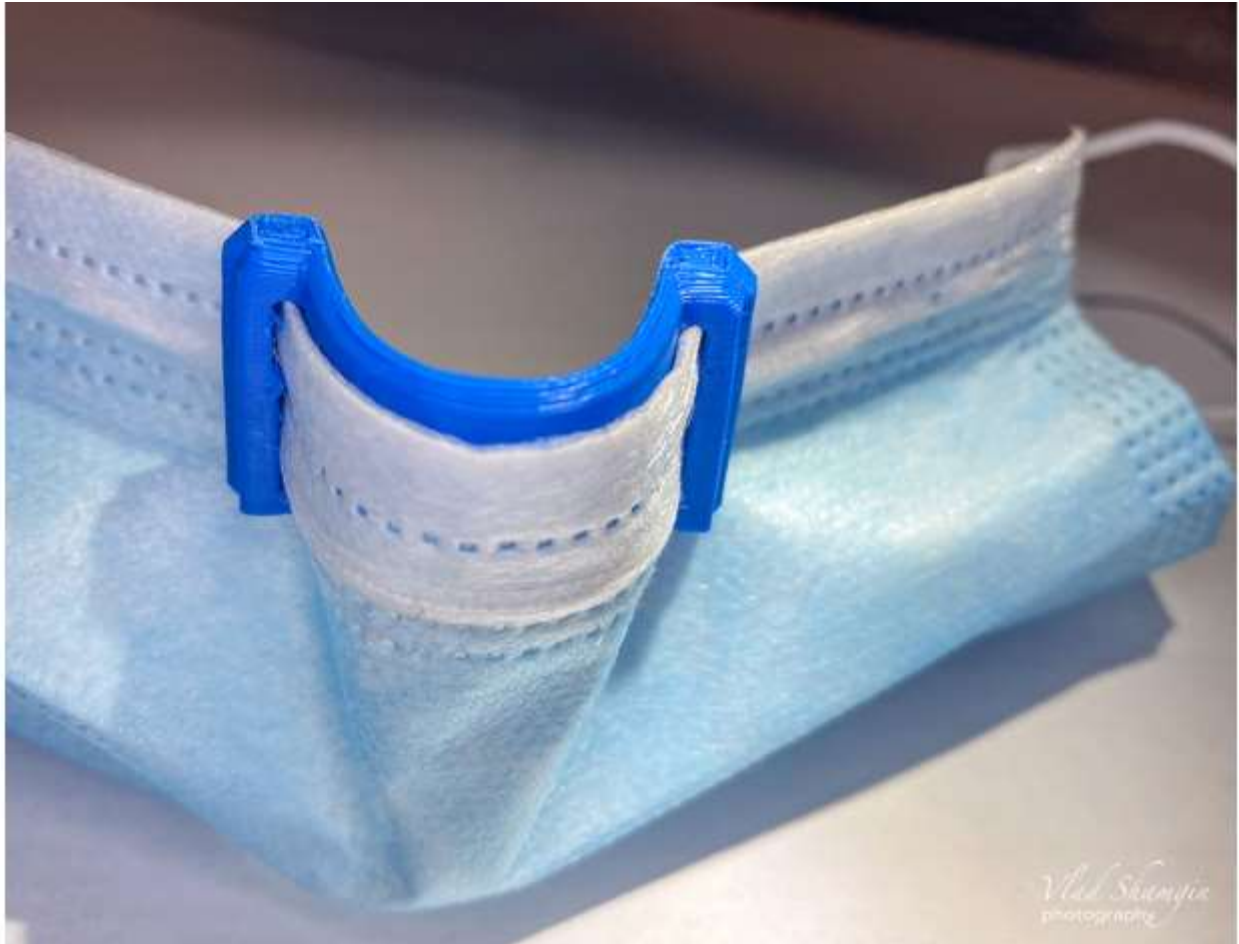
Computer Mount

## Anti-Fogging for Face Mask

Should you be obliged to wear a face mask, but are annoyed by the resultant fogging on your lenses, there is another solution. The simply expedient of removing the open gap on both sides of your nose can be effectively solved by inserting a plastic nose clip at the top of the mask. No more warm exhalation escapes the mask to condense on your glasses. Some models are not as well designed as others, so be watchful of the customer reviews







### **Side-Opening Bottle Cage**

If you carry frame bags or are riding a small frame, there may not be sufficient available space to pull your water bottle upward without hitting an obstruction. You may feel a sideways jerk will allow you to pull the bottle clear, but this may result in damage to the cage. Simply replace those cages with a type, that has a right or left opening feature and still can securely retain that bottle. Keep in mind, that if you are right-handed, the bottle on the down tube will open right, the bottle on the seat tube should open left, so you can use the same hand for both:



Right

Left

### **Strapping Things to Your Bike**

A silicone strap, can make it easier to attach items to your bike without ensuing rattling. It keeps things secure and affords additional mounting options without incurring the cost of specialist parts. Most often utilized in conjunction with lights, but can be adapted for other accessories, pumps or inner tubes. It also holds better, stretches more and lasts longer than regular Velcro straps.



**A Cycling Wallet that does not break the bank (\$18)**

The **Vincita Essentials Case** may become your preferred choice of carrying smart phone, house keys, cash and ID- and credit cards, rather than having all those items rattling around in jersey pockets or unfashionable Ziploc sandwich bags. This case nicely fits in your jersey



pocket, placing it within easy reach and better earshot, in case the phone rings. Especially if you have no additional protective case for your smart phone, such a cycling wallet affords another layer of protection for your phone (up to 6.1 inches in length). The inner lining is of a color which allows contrast to the contents within. Now, instead of potentially swapping all that gear bike to bike, you will have everything small and valuable with you interchangeably and safe on your person, including at the coffee stop.





[https://www.amazon.com/gp/product/B097B7PKGK/ref=ppx\\_yo\\_dt\\_b\\_asin\\_title\\_o00\\_s00?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B097B7PKGK/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&psc=1)

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Redwood Road – 02 October 2021

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## Having Trouble Sleeping?

Occasionally you might have trouble falling asleep or staying asleep. I recently discovered some methods I was not familiar with, that do not rely on pills or sleep-inducing white noise. All such ambient sounds, such as pink noise, require more research to prove their efficacy.

This will explain only some of the solutions on offer, that do not require the intervention of artificial aids or medication. Some of those undoubtedly work, but the simplest remedies are often just as effective:



- **Stay awake during the day and only sleep at night.** Avoid taking naps so that you are ready to sleep through the night when the time comes. If you are exhausted, by all means, take a nap, but too much sleep during the day can mean not sleeping well at night.
- **Experience both daylight and darkness.** Get out and expose your body to sunlight or artificial bright light throughout the day to the extent possible. Use blackout curtains to make your room dark at night.
- **Exercise during the day.** Exercise can increase the duration and quality of sleep by boosting the production of serotonin in the brain and decreasing levels of cortisol, the stress hormone. However, it's important to maintain a moderate-intensity exercise routine and not overdo it. Excessive training has been linked to poor sleep.
- **Get on a schedule.** Waking up and going to bed at the same times each day can help your internal clock keep a regular schedule. Once your body adjusts to this schedule, it'll be easier to fall asleep and wake up around the same time every day. It's also important to get 7 to 9 hours of sleep each night. This has been shown to be the optimal sleep duration for adults.
- **Use a sleeping mask.** Something to cover your eyes will work wonders if the light from the hallway or outside the window is making sleep difficult to obtain. I use a winter beanie cap, that will not dislodge during my sleep and blocks out different light levels within the bedroom.
- **Sleep with a leg exposed.** Putting one foot out from under the cover can cool off your entire body. According to a spokesperson for the National Sleep Foundation, when you stick your foot out, the arteriovenous anastomoses allows more heat to escape, regulating your body temperature without disrupting your overall comfort. We are also old enough not to worry about monsters nipping our toes.
- **Avoid looking at your clock.** People who wake up in the middle of the night often tend to watch the clock and obsess about the fact that they can't fall back asleep.



Clock-watching is common among people with insomnia. Discipline yourself not to fall into his self-defeating habit.

- **Visualize things that make you happy.** Instead of lying in bed worrying and thinking about stressful things, visualize a place that makes you feel happy and calm. Picturing and concentrating on an environment that makes you feel peaceful and relaxed can take your mind away from the thoughts that keep you up at night. I often pretend I am riding my bike through imaginary landscapes.

<https://www.healthline.com/nutrition/ways-to-fall-asleep#15.-Limit-caffeine-and-drink-a-soothing-beverage>



## Social Media

As announced in the last newsletter, the Board has reviewed the efficacy and usefulness of social media in the context of our cycling activities and desire to attract younger members. We recognize the fact, that most of our members are middle aged or retired, and therefore may have more available time on their hands than when they were working full time.

Younger people may also face the barrier of the fairly large up-front investment they have to make in a bike, equipment and kit, plus they are sometimes facing a perceived intimidation factor when first meeting mature and experienced cyclists. In addition, younger athletes may not have the time and commitment, when they may be trying out different sports with their peers while also studying or pursuing the demands of starting a career or family.

We have decided to discount **NextDoor** and **MeetUp** in favor of **Instagram** on a trial basis. Instagram is a simple, fun & creative way to capture, edit & share photos, videos & messages with friends & family.

Our Webmeister, Klaus, gives the following explanation:

Team Alameda recently activated an Instagram account, in addition to our existing Facebook page. Instagram is more focused on sharing pictures, so we're planning to share photos of our events and rides. Please follow us at [@teamalamedacycling](https://www.instagram.com/teamalamedacycling).

We need photos from rides to keep this account active - please send them to [webmaster@teamalameda.com](mailto:webmaster@teamalameda.com) or tag [@teamalamedacycling](https://www.instagram.com/teamalamedacycling) on your own Instagram posts. If you want to help us manage this account - please contact us!



The Board has also reached an understanding, that we are already instituting approaches and strategies that have been proven to attract new members:

1. Assembling in front of Kaiser and riding as a group always arouses curiosity, since it is colorful and does look like great fun
2. Acting responsibly and courteously on the bike gives a good impression

3. Sponsors help spread the word of Team Alameda
4. Personal referrals and our website provide the necessary detail, such as recently allowing non-members to read past issues of this Newsletter
5. Different pace groups and the ride calendar (when it appears full), show an active club for different abilities



**Facebook**

If you are a Facebook user, please enter Team Alameda Cycling Club into the Search field in the upper left-hand corner and then click on any of the Team Alameda Cycling Club links to get to our page and see the postings. Don't forget to Like and Follow the page as well in order to get notifications of new postings. We hope to keep using this tool as a means to keep our team members notified and engaged on local happenings and club activities.



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## Upcoming Events and Rides for 2021 and 2022

Many organized rides have been postponed or cancelled outright:

Ride Date (2021)	Ride Name	Location	Link
02 October 2021 Cancelled	30th Konocti Challenge	Lakeport, CA	<a href="http://www.konoctichallenge.com/">http://www.konoctichallenge.com/</a>
07-10 October 2021	Sea Otter Classic	Monterey, CA	<a href="https://www.seaotterclassic.com/">https://www.seaotterclassic.com/</a>
10 October 2021	Bike the Bridges	Martinez, CA	<a href="https://www.sonc.org/thebridgeride">https://www.sonc.org/thebridgeride</a>
Cancelled	Sonoma County Backroad Challenge	Petaluma, CA	<a href="https://backroadchallenge.com/">https://backroadchallenge.com/</a>
09 April 2022	Cinderella Classic [women only; dependent on Covid-19 restrictions ]	Pleasanton, CA	<a href="https://www.valleyspokesmen.org/cinderellaclassic">https://www.valleyspokesmen.org/cinderellaclassic</a>
23 April 2022	Tierra Bella	Gilroy, CA	<a href="https://tierrabella.org/">https://tierrabella.org/</a>
15 May 2022	Strawberry Fields Forever	Watsonville, CA	<a href="https://www.cyclistsforculturalexchange.org/sff">https://www.cyclistsforculturalexchange.org/sff</a>

**The Konocti Challenge on 02 October 2021 has been cancelled.** It is hoped it will be revived next year.

Additional organized ride resources and links can be found on [http://bbcnet.com/ridecalendar/Ride\\_Calendar.aspx?ID=2&Area=3&Sort=1](http://bbcnet.com/ridecalendar/Ride_Calendar.aspx?ID=2&Area=3&Sort=1)

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## Bicycle Turnout Ceremony

Richard Giessner, a TA member, sent us an announcement regarding recognition of bicycle turnout lanes installed on some of the curves we encounter on Mount Diablo. Your president did represent at Curry Point on Mount Diablo on Monday, August 23<sup>rd</sup>. I briefly appeared on television as well, just as I was arriving.

I asked the district manager for the park service, whether a car-free Saturday or weekend might not be the best solution for cars passing cyclists on blind corners. He explained, that most motorists that visit Mount Diablo State Park are visitors and that access must also be provided for individuals with handicaps.



# Team Alameda 2021 Board of Directors

Please send your ideas, suggestions and concerns directly to the appropriate Board member:

Board Position	Contact
President Newsletter	Bruni, Ralph <a href="mailto:president@teamalameda.com">president@teamalameda.com</a>
Vice President (COVID-19 Advisor)	Palacios, Emil <a href="mailto:vicepresident@teamalameda.com">vicepresident@teamalameda.com</a>
Ride Leader Coordinator/Calendar	Elias, Steve <a href="mailto:ridecoordinator@teamalameda.com">ridecoordinator@teamalameda.com</a>
Treasurer	Pigott, Jack <a href="mailto:treasurer@teamalameda.com">treasurer@teamalameda.com</a>
Membership	Michael Castro <a href="mailto:membership@teamalameda.com">membership@teamalameda.com</a>
Secretary	McNulty, Zoraida <a href="mailto:secretary@teamalameda.com">secretary@teamalameda.com</a>
Sponsors and Publicity	Shaver, Janet <a href="mailto:sponsorship@teamalameda.com">sponsorship@teamalameda.com</a>
Webmaster	Schniederger, Klaus <a href="mailto:webmaster@teamalameda.com">webmaster@teamalameda.com</a>
Process Ride Sheets Assistant Webmaster	Woo, Norman <a href="mailto:ridesheets@teamalameda.com">ridesheets@teamalameda.com</a> <a href="mailto:webmaster@teamalameda.com">webmaster@teamalameda.com</a>
Member at Large Annual Picnic	Ng, Tony <a href="mailto:memberatlarge@teamalameda.com">memberatlarge@teamalameda.com</a>

Please consider your past experience and skills for any of these positions as officer on the Board. Your ideas and suggestions will be welcome and may make a huge difference. Every Board member casts a vote on important issues and challenges.

**Interested in assisting in any of these areas?**

We do need a new Newsletter Editor.  
Please contact the appropriate committee chair.

**Questions or suggestions?**

Please contact any of our Board Members.

**Note the email addresses!**

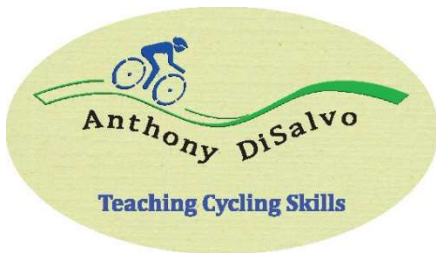
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## Please Support Team Alameda Sponsors

Next time you're out and about, whether in the saddle or not, take the time to thank our sponsors for their generous support.

Our sponsors logos are on our website homepage and Team Alameda jerseys. Better yet, give something back when you can and shop locally! Many of our activities would not be possible without the support of our sponsors.

### Anthony Di Salvo Teaching Cycling Skills



### Alameda Bicycle



### George V. Arth & Son Auto Repair Shop



**Bike East Bay**



**Stone's Cyclery**





**Cycle City**



**TWA Properties**



**Lars Hansson C.P.A.**

**LARS  
HANSSON  
C.P.A.**

**Next Level Softball/Baseball Academy**



**Marin Wealth Advisors, LLC**



**Coffee Cultures**

